Name:	Date:
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Jumping Rubric

	Excelling	Proficient	Developing
	Knees are bent to at	Body leans forward	Crouch before take-off
Trunk	least 90 ° in the	with only a slight bend	is inconsistent
	crouching action	on the knees	
Take off and Flight	Both arms and legs are	Body does not extend	Leg extension and force
	extended fully during	fully during the flight	generated at take-off is
	the flight phase	phase	poor.
			Little height is achieved
Arms and Legs	Legs and arms are	Arms contribute to the	Leg and arm action are
	coordinated to	jump but not forcefully	poorly coordinated
	generate force in the		
	take-off phase		
Head	Head is lifted and eyes		Head is often not lifted
	are focused on a target		upwards during the
			jump
Landing	Landing is soft,	Some forward	Landing is far from
	controlled and close to	movement on landing	take-off and is
	the take-off		unbalanced

Name:	Date:
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Jumping Rubric

	Excelling	Proficient	Developing
Trunk	Knees are bent to at least 90° in the crouching action	Body leans forward with only a slight bend on the knees	Crouch before take-off is inconsistent
Take off and Flight	Both arms and legs are extended fully during the flight phase	Body does not extend fully during the flight phase	Leg extension and force generated at take-off is poor. Little height is achieved
Arms and Legs	Legs and arms are coordinated to generate force in the take-off phase	Arms contribute to the jump but not forcefully	Leg and arm action are poorly coordinated
Head	Head is lifted and eyes are focused on a target		Head is often not lifted upwards during the jump
Landing	Landing is soft, controlled and close to the take-off	Some forward movement on landing	Landing is far from take-off and is unbalanced